

Q&A: Children and masks related to COVID-19

What type of mask should children wear?

Children who are in general good health can wear a **non-medical or fabric mask**. This provides source control, meaning it keeps the virus from being transmitted to others if they are infected and are not aware that they are infected. The adult who is providing the mask should ensure the fabric mask is the correct size and sufficiently covers the nose, mouth and chin of the child.

Children with underlying health conditions such as cystic fibrosis, cancer or immunosuppression, should, in consultation with their medical providers, wear a **medical mask**. A medical mask controls spreading of the virus and protection to the wearer, and is recommended for anyone who is at higher risk of getting seriously ill from COVID-19.

How should children wear a mask?

Children should follow the same principles as adults for wearing masks. This includes cleaning hands at least 20 seconds if using an alcohol-based hand rub, or at least 40 seconds if using soap and water, before putting on the mask. Make sure the mask is the right size to cover the nose, mouth and chin. Children should be taught how to wear the mask properly, including not touching the front of the mask and not pulling it under the chin or into their mouth. They should store the mask in a bag or container, and not share the mask with others.

A short film showing how to wear a fabric mask safely can be found [here](#).